

FIG. 2

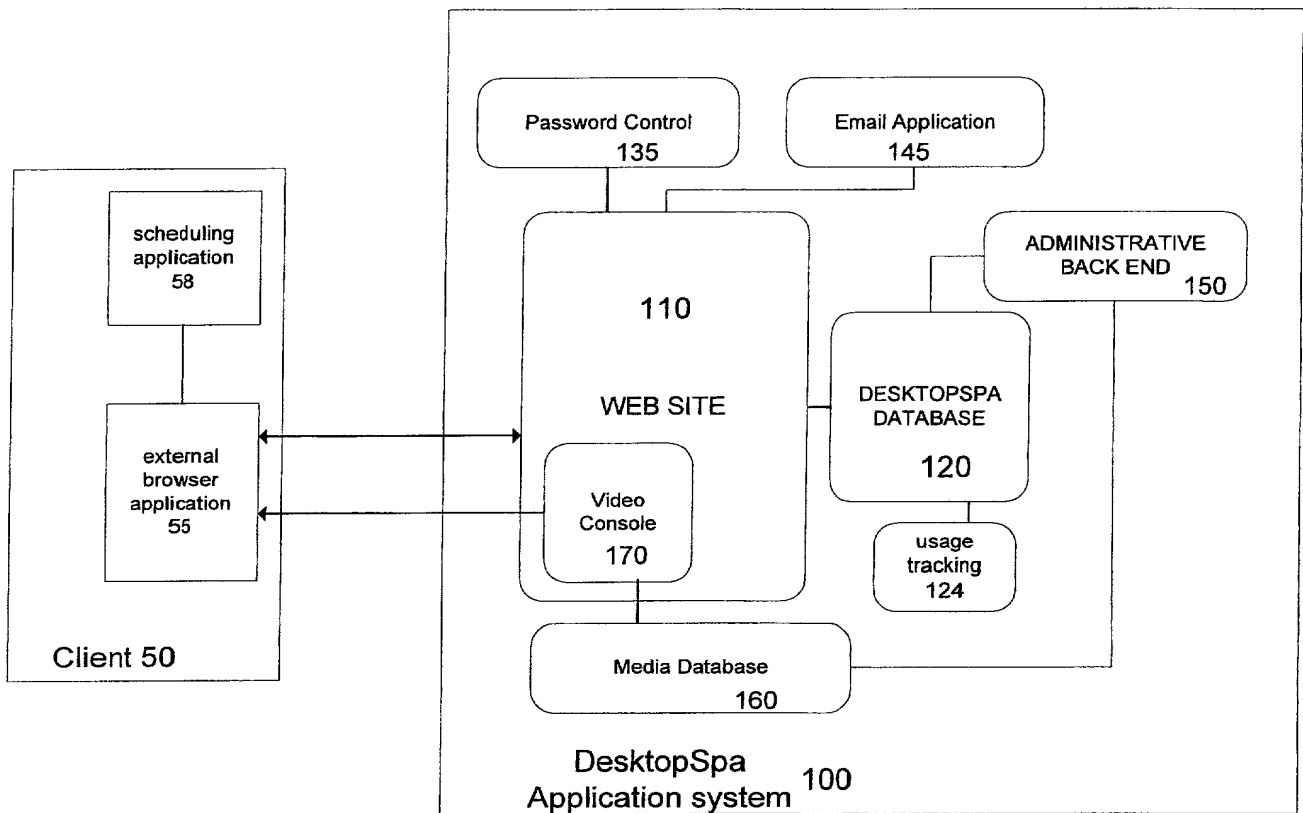


FIG. 3

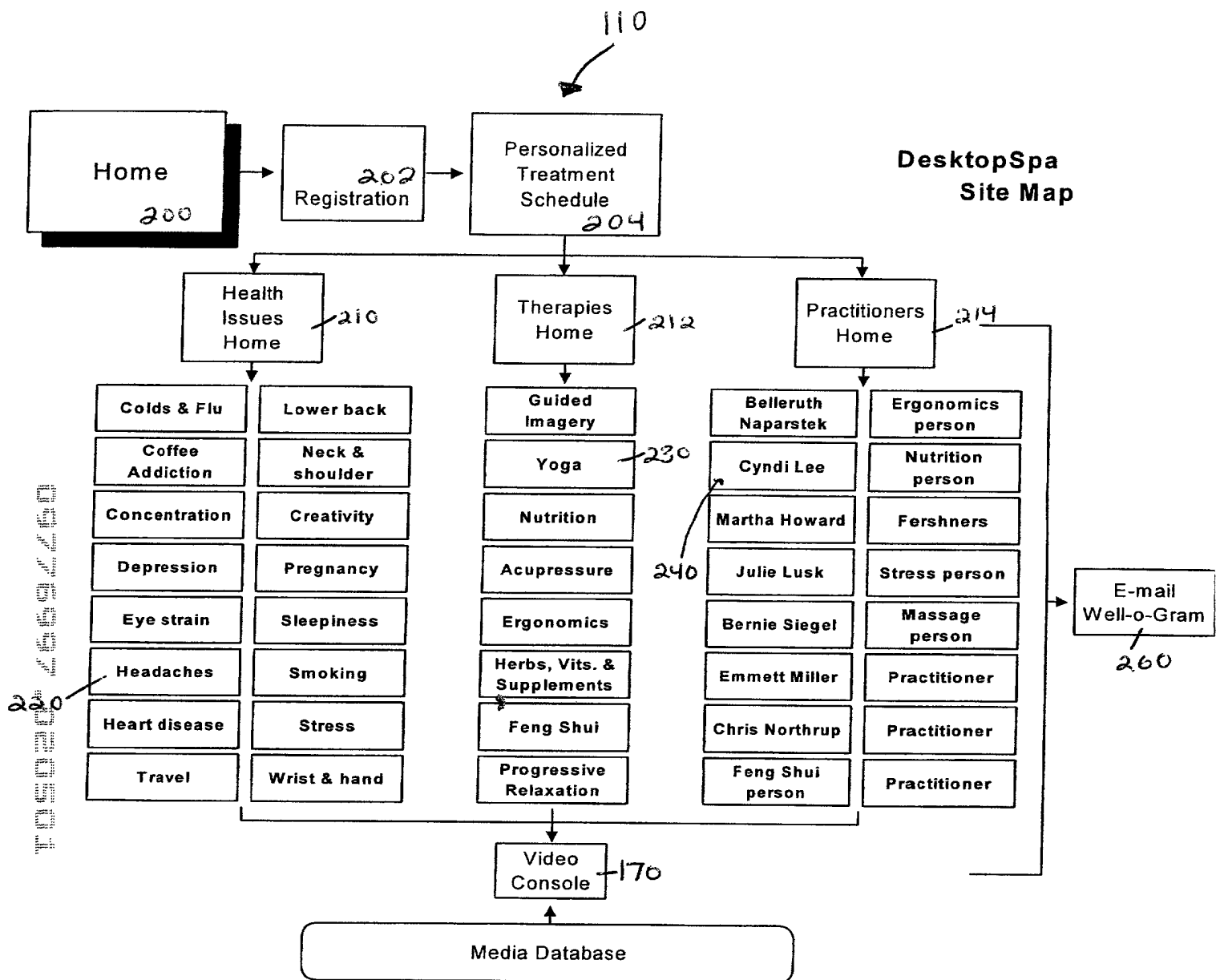


FIG. 4

200

200

301

302a

302f

302p

303a

303f

303p

305

310

304

170

DesktopSpa Stay Healthy @ Work

Design Your Personal Daily Desktop Treatment Schedule

Use the sliders to evaluate how often each of the following health issues is a problem for you:

	Never	1	2	3	4	Always
Cold & flu	[Slider]					
Coffee Addiction	[Slider]					
Daily concentration	[Slider]					
Depression	[Slider]					
Eyestrain	[Slider]					
Headaches	[Slider]					
Heart disease	[Slider]					
Tireless, pleasant traffic	[Slider]					
Lower back pain	[Slider]					
Neck & shoulder pain	[Slider]					
Not feeling creative	[Slider]					
Pregnancy discomfort	[Slider]					
Stomach issues	[Slider]					
Smoking	[Slider]					
Stress	[Slider]					
Wrist & hand pain	[Slider]					

submit reset all

Registered Users Login

Name _____

Password _____

Forgot Your Password?

Find a Treatment

Browse by

Health Issue Therapy Practitioner

Today's Featured Desktop Treatment:

Martha Howard's Do-it-Yourself 3 Minute Acupressure Headache Relief

Privacy Guarantee

FIG. 5

desktopspa

202

Sex ☒ Female

☐ Male

Age

Tell us About Yourself

First Name

Last Name

Email Address

Username

Password

Password again

Corporate Code

Social security #

Favorite Therapy (*optional)

Accupressure

Meditation

Qi Gong

Yoga

Remember my ID and password so that I don't have to log in each time I visit this site.

(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you.)

My connection speed is

T1 or faster

56 k modem

I prefer

RealVideo

Windows Media

Quicktime

Legal Agreement copy here.

I Agree.

Proceed

Our Privacy Policy

?

FIG. 6

204

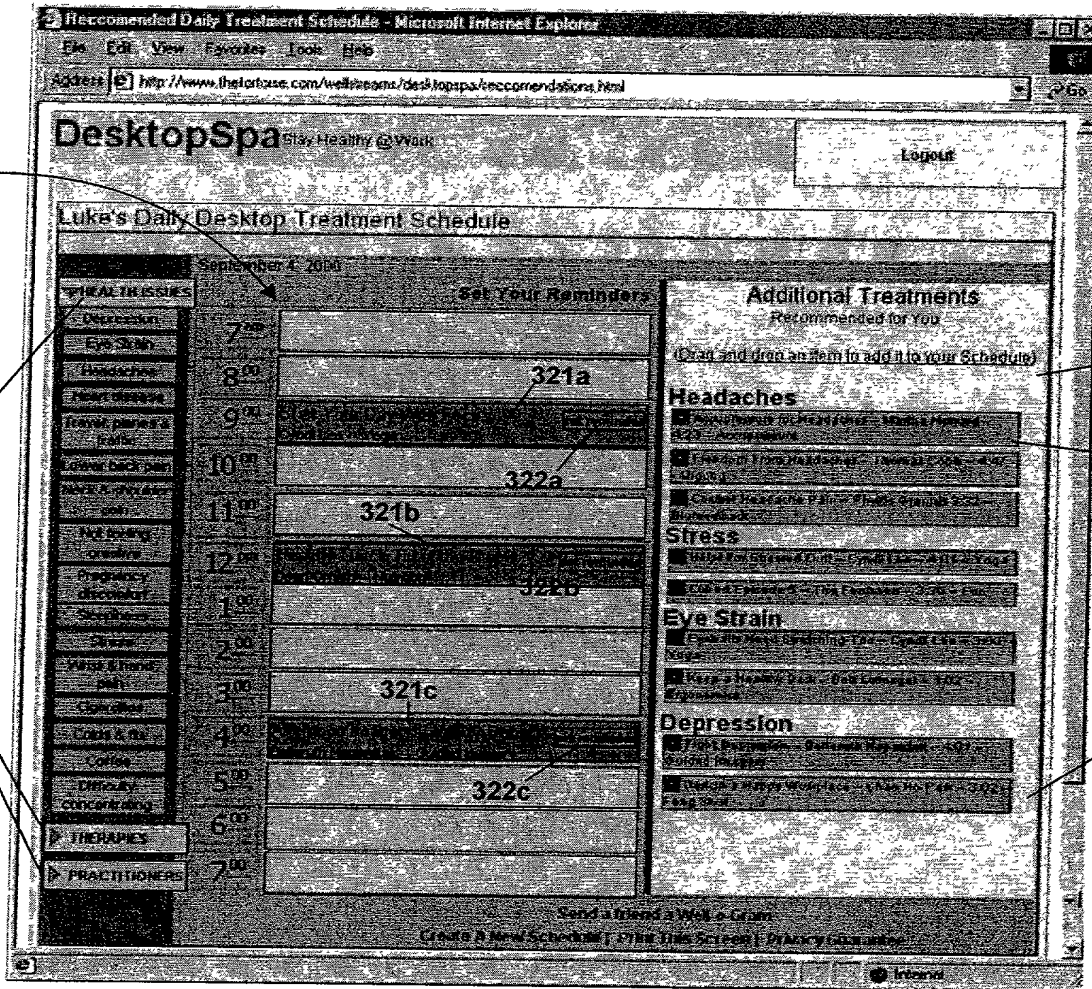
320

327

325

326a

326i



September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 1

Please Indicate HOW you would like the reminder for this event delivered.

- ☐ Daily Email
- ☐ Microsoft Outlook Reminders
- ☐ Sync My Palm Pilot
- ☐ Call My Cell Phone/Pager
- ☐ Instant Messenger

Submit Query

7:00

8:00

9:00 Start Your Day With Cynal Lee - Yoga

10:00

11:00

12:00 Healthy Lunch Tip of Dean Orish - Nutrition

1:00

2:00

3:00

4:00 Afternoon Imagery Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mike Gianni 3.22

Al Lee - 401 - Yoga

Chris - 3:30 - Fun

Cyndi Lee - 3:00

Keep a Healthy Desk - Bob Lufnager - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7a

September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 2

Please Indicate WHEN you would like the reminder for this event delivered.

7AM

Submit Query

7:00

8:00

9:00 Start Your Day With Cynal Lee - Yoga

10:00

11:00

12:00 Healthy Lunch Tip of Dean Orish - Nutrition

1:00

2:00

3:00

4:00 Afternoon Imagery Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mike Gianni 3.22

Al Lee - 401 - Yoga

Chris - 3:30 - Fun

Cyndi Lee - 3:00 - Yoga

Keep a Healthy Desk - Bob Lufnager - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7b

September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 3

You have scheduled a reminder for your Microsoft Outlook Reminders at 8am

Close and Return to Your Schedule

7:00

8:00

9:00 Start Your Day With Cynal Lee - Yoga

10:00

11:00

12:00 Healthy Lunch Tip of Dean Orish - Nutrition

1:00

2:00

3:00

4:00 Afternoon Imagery Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mike Gianni 3.22

Al Lee - 401 - Yoga

Chris - 3:30 - Fun

Cyndi Lee - 3:00

Keep a Healthy Desk - Bob Lufnager - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7c

FIG. 8

FIG. 8 is a block diagram of a database system for a health care provider.

350

355

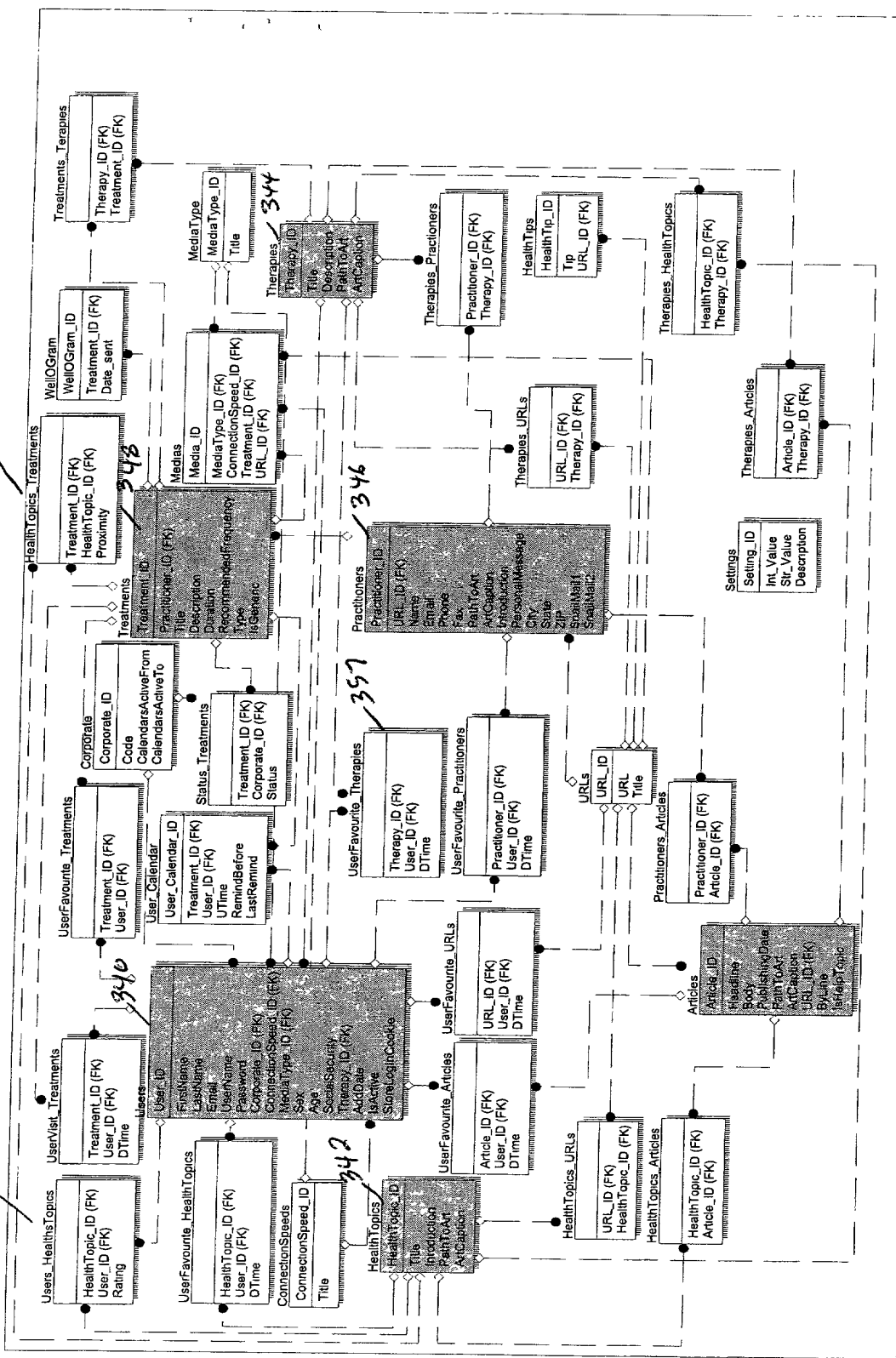


FIG. 9

260

Well-o-Gram

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

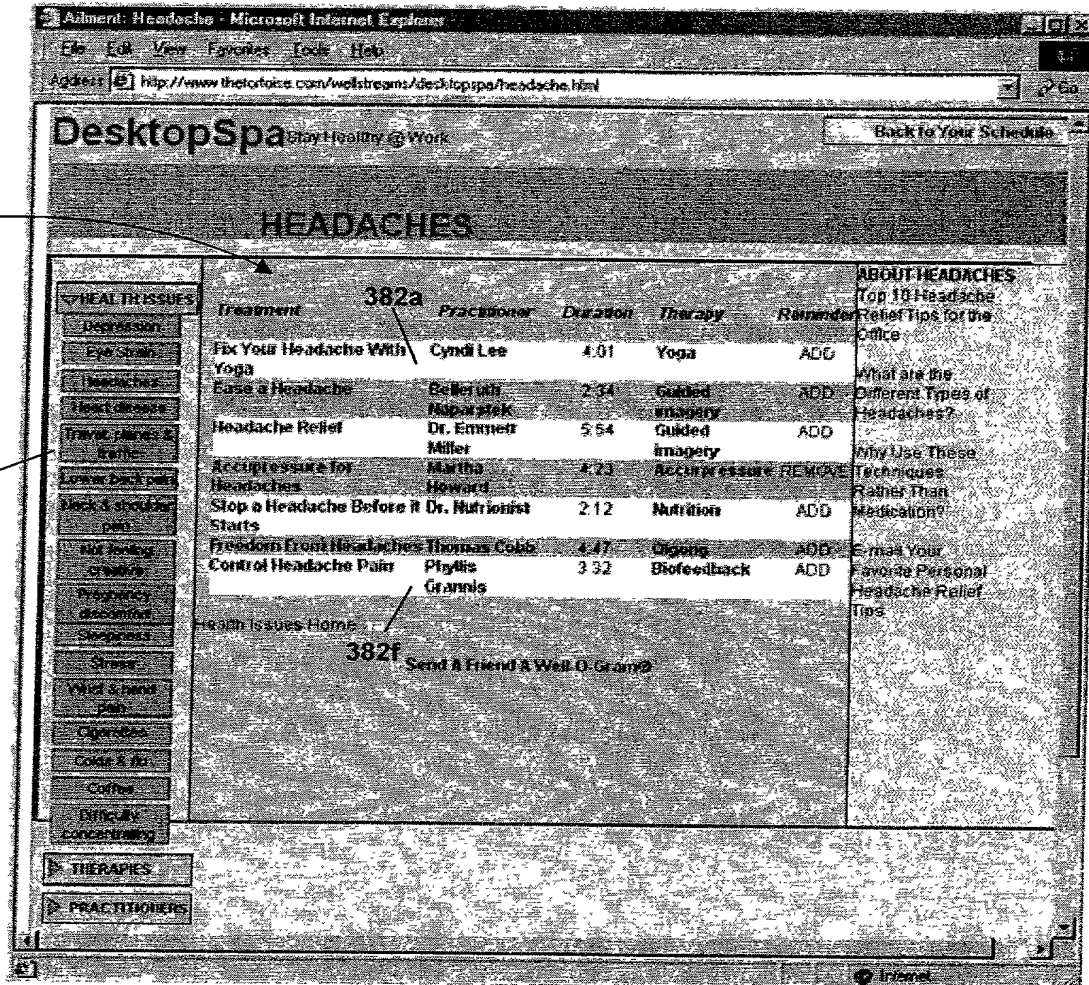
Send Well-o-Gram

220

FIG. 10

380

385



230

FIG. 11

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.thetatoe.com/wellness/desktopspa/yoga.html> Go

DesktopSpa Stay Healthy @ Work

[Back to Your Schedule](#)

YOGA

	Treatment	Practitioner	Duration	Health Issue	Reminder	
THERAPIES	Help I'm Stressed Out	Cyndi Lee	6:01	Stress	ADD	ABOUT YOGA What is Yoga and how can it help you? Breathing. It's more important than you think. Additional Yoga Resources Meet Our Yoga Practitioners
	Cats & Cows @ the Office	Cyndi Lee	3:23	Lower back pain	ADD	
	Cyndi's 2-minute Keyboard Break	Cyndi Lee	2:04	Wrist & hand pain	REMOVE	
	Open Yoga Energy Boost	Cyndi Lee	3:34	Sleepiness	ADD	
	Yoga for the Frequent Flier	Cyndi Lee	6:43	Travel	ADD	
	Yoga for Freeway Traffic Jams	Cyndi Lee	3:24	Travel	ADD	
	Cyndi's Smoke Break	Cyndi Lee	2:34	Cigarettes	ADD	
	Eyeballs Head Stretching Too	Cyndi Lee	3:00	Eye strain	REMOVE	
	Breathe & Focus	Cyndi Lee	1:34	Difficulty concentrating	REMOVE	
	Wrist Rolls (Aren't Sushis)	Julie Lusk	3:32	Wrist & Hand	ADD	
PRACTITIONERS	Yoga on the Go	Julie Lusk	5:01	Travel	ADD	
	Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD	
	Create a Life Not a Lifestyle	Julie Lusk	4:01	Stress	ADD	

[Therapies Home](#)

[Send A Friend A Well-O-Gram!](#)

Done Internet

240

FIG. 12

Practitioner: Cyndi Lee - Microsoft Internet Explorer

Address: <http://www.thetortoise.com/webstreams/desktopspa/cyndilee.html>

DesktopSpa Stay Healthy @ Work Back To Your Schedule

OM Yoga with Cyndi Lee

	Treatment	Duration	Health Issue	Reminder	
HEALTH ISSUES	Help! I'm Stressed Out!	4:01	Stress	ADD	<p>Who is Cyndi Lee?</p> <p>What's OM Yoga?</p> <p>How can Cyndi help me at the office?</p> <p>E-mail a question to Cyndi</p>
THERAPIES	Care & Cons. at the Office	3:23	Lower back pain	ADD	
	Cyndi's 2-minute Keyboard Break	2:04	Wrist & hand pain	REMOVE	
PRACTITIONERS	Ben Yoga Energy Boost	2:34	Sleepiness	ADD	
Richard	Yoga for the Frequent Flier	5:43	Travel	ADD	
Hayden	Yoga for Freeway Traffic Jams	2:24	Travel	ADD	
Cyndi Lee	Cyndi's Smoke Break	2:34	Cigarettes	ADD	
Marina Howard	Eyeballs Need Stretching Too	1:00	Eye strain	REMOVE	
Robb Lusk	Breathe & Focus	1:34	Difficulty concentrating	ADD	
Bonnie Stewart					
Erin McKee	Practitioners Home				
Chris Nichols	Send A Friend A Web O-Grande				
Greg Shaw					
Person					
Ergonomics					
Person					
Nutrition					
Person					

© 2000 Internet

FIG. 13

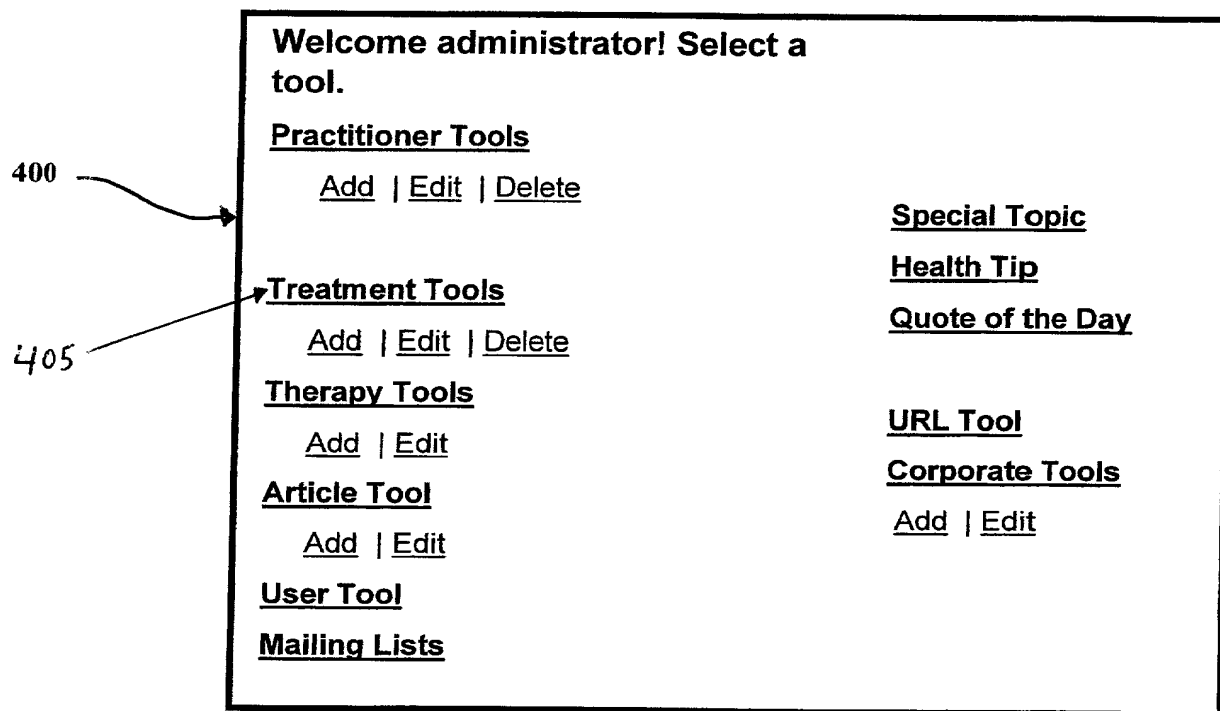


FIG. 14

411

Add a Treatment

Associate this treatment with these therapies

Yoga
Guided Imagery
Massage

Practitioner Add a Practitioner 412

Title

Description

Related Health Topics

Never ----- Always

•Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	415
•Smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
•etc...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

This treatment is only for this corporation 416

Duration 417

Reccomended Frequency

This treatment is a ☒ video clip ☐ audio clip

URL of Media Browse...

419

Edit an Existing Tretament

Delete an Existing Treatment

Delete It

Publish Treatment
Exit Without Saving
Home

FIG. 15

420

Edit a Treatment

Associate this treatment with these therapies

Yoga

Guided Imagery

Message

Practitioner

Belleruth Naperstek

[Add a Practitioner](#)

Title

Lorem ipsum

Description

Lorem ipsum dolor sit amet.

Related Health Topics

Never ----- Always

•Headaches

☐

☐

☐

☐

☐

•Smoking

☐

☐

☐

☐

☐

•etc...

☐

☐

☐

☐

☐

Proiorty

Duration

Reccomended Frequency

URL of Video

Browse...

Change Treatment

Exit Without Modifying

Home

[Edit an Existing Tretament](#)

[Delete an Existing Treatment](#)

treatment titles here

treatment titles here

Delete It

FIG. 16

430

434

432

User1

Last Login: mm:dd:yy hh:mm

Send this user an email

First Name

Luke

Last Name

Monaco

Email Address

luke@imagepaths.com

Username

lukem

Password

Favorite treatment

Yoga

Date Joined

10/17/00

Health Issue 1

Health Issue 2

Health Issue 3

Health Issue 4

Health Issue 5

Health Issue 6

View User1's Schedule

This User is Currently Active

Make Inactive

Mailing Lists Subscribed to:

none

Exit Without Saving

Delete User

Save changes

Home

FIG. 17

Corporate Tool

Corporate code 442

Users' calendars should be active

From this hour AM

To this hour AM } 444

☐ No reminders please

Ban the following treatments

446	Treatment 1	<input type="button" value="v"/>	Headache-be gone!
	Treatment 2	<input type="button" value="v"/>	

Specially promote the following treatments

448	Treatment 1	<input type="button" value="v"/>	Sinus rub
	Treatment 2	<input type="button" value="v"/>	

Our logo

Edit an Existing Corporation Delete an Existing Corporation

corp titles here <input type="button" value="v"/>	corps here <input type="button" value="v"/>	<input type="button" value="Delete It"/>
---	---	--